

Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

Spinach & Artichoke Turkey Burgers

We love love LOVE grilling season, but not so much all the yuck in popular frozen beef burgers. These processed patties often contain upwards of 600 mg of sodium and 40 g of fat *per serving!*

Instead, we came up with a burger recipe that's not only juicy but delicious and simple to make. These **Spinach & Artichoke Turkey Burgers** topped with creamy roasted tomato mayo will make sure your clients look and feel their best this summer.

Even better, use the Shape and Store Burger Master to prepare the burgers ahead of time.



Spinach & Artichoke Turkey Burgers with Roasted Tomato Mayo (Shape and Store)

4 servings
30 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 4 cups Baby Spinach
- 1/2 cup Artichoke Hearts (chopped)
- 1 lb Extra Lean Ground Turkey
- 1/2 tsp Red Pepper Flakes
- 1/2 tsp Black Pepper
- 1 tsp Sea Salt (divided)
- 3/4 cup Almond Flour
- 1 Tomato
- 1/2 cup Cashews
- 1 head Green Lettuce (separated into leaves and washed)

Directions

- 1 Wilt your spinach by placing olive oil and spinach together in a large frying pan over medium heat and stirring continuously until wilted. Once wilted, remove from heat immediately. Once cool, finely chop.
- 2 Combine spinach, artichokes, ground turkey, red pepper flakes, black pepper, half of the sea salt and almond flour together in a bowl. Mix well and shape into 6 to 8 even-sized patties. Use the Shape and Store Burger Master to prep burgers ahead of time.
- 3 Heat grill over medium heat. Cut your tomato in half. Place both halves on the grill face down. Add the patties and grill for about 7 to 8 minutes per side or until cooked through. At about the 10 minute mark, remove the tomato from the grill and add it to your food processor or blender along with the cashews and remaining sea salt. Blend well until smooth. Pour into a dish and set aside.
- 4 When burgers are done, top them with your roasted tomato mayo and serve them wrapped in large green lettuce leaves. Enjoy!

Notes

No Grill: Cook burgers in the oven at 350°F (177°C) for 15 minutes per side. Roast your tomato in the oven as the burgers cook.

More Carbs: Serve on a bed of brown rice or in a brown rice tortilla wrap.

Leftovers: Can be frozen up to 6 months in an airtight container.